HAMILTON-WENTWORTH HEALTH SURVEY: TOBACCO RESULTS

1995 Hamilton-Wentworth Health Survey:

Tobacco Results

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August 1996

Purpose

The purpose of the 1995 Hamilton-Wentworth Health Survey included (a) documenting the prevalence of smoking, and (b) determining public opinion about smoking restrictions in public places and workplaces. A random sample of households across the region were contacted by telephone during November and December 1995.

Methods

Questionnaire

A questionnaire was developed to measure public opinion regarding smoking in public places not covered by provincial and federal legislation, as well as region-wide smoking rates (see Appendix A). Questions were modified from similar existing health and public opinion questionnaires in Canada or were created (see Appendix B) . Other questions relating to healthy lifestyles, such as alcohol use and physical activity, were included also.

Sample Design

The sample for the survey was designed to represent the adult population (18 years of age or older), residing in private homes in the Regional Municipality of Hamilton-Wentworth. Residents of old age homes, group homes, educational and penal institutions were excluded from the sample. The sample was designed to include at least 100 residents from Ancaster, Stoney Creek, Flamborough, Glanbrook, and Dundas, as well as 500 residents from the City of Hamilton, for a total sample of 1000 residents of Hamilton-Wentworth.

Survey respondents were chosen through a two-stage process. Stage one, the random selection of households, involved randomly selecting residential telephone numbers, using random digit dialling. Stage two, the random selection of respondents, involved selecting the adult household member who had the most recent birthday. This individual was administered the questionnaire.

Data Collection

Surveys were conducted by telephone from the Institute for Social Research's centralized computer assisted telephone interviewing facility at York University. The households were contacted by York University staff, with multiple attempts at different times to increase the response rate.

Statistical Analysis

Data were analysed and presented as percentages of respondents answering each question. The number of respondents was not presented in all tables, as some respondents did not answer some questions. A

"majority" was defined if the percentage exceeded 50%, while a "strong majority" was defined if the percentage was 70% or greater.

Results and Discussion

Response Rate

Surveys of a relatively small sample of a population can, within limits, represent and describe the entire population. Of the 2,002 selected households, 1,042 residents aged 18 or older completed a telephone interview for a response rate of 52%. Given this response rate, an estimating procedure was used to determine how accurately the sample represents the views of the entire population. The findings suggest that responses are accurate, plus or minus three percent, 19 out of 20 times (95% of the time).

Description of the Sample

The sample of 1042 respondents comprised slightly more females (57%) than males, with a strong majority of respondents (87%) indicating that they sometimes or always vote in municipal elections (see Table 1).

Of those surveyed, 73% (see Table 1) were non-smokers and 27% smokers (21% daily smokers and 6% occasional smokers). This breakdown of the population into non-smokers and smokers is consistent with 1990 Ontario Health Survey data for the region. Smokers were more likely than non-smokers to be in the 20 to 44 year age group (61% versus 47%), were less likely to have a university degree (6% versus 21%), and have a lower household income (with 44% earning below $29,999 versus 25%). Non-smokers had a higher tendency than smokers to always vote in municipal elections (70% versus 57%).

Respondents were asked if they strongly supported, somewhat supported, somewhat opposed, or strongly opposed regulations to make all enclosed public places smoke-free. The strong majority (71%) of Hamilton-Wentworth residents responded that they strongly and somewhat supported regulations to make all enclosed public places smoke-free (see Table 2). Ancaster residents had the greatest support for regulations at 83%, however support in all municipalities was 66% or higher. Support from non-smokers ranged from 81% to 90% , while support from smokers ranged from 18% to 48%. Glanbrook is the most polarized municipality with 81% of non-smokers supporting regulations versus 18% of smokers. A strong majority of non-smokers (84%), which make up 73% of the survey respondents, would support regulations to make all enclosed public places smoke-free.

Other findings related to support for regulations to make all enclosed public places smoke-free included:

49% of Hamilton-Wentworth adults had heard about plans to make all enclosed public places smoke-free.

36% of Hamilton-Wentworth adult smokers would find it easier to cut down or quit smoking if all enclosed public places were smoke-free.

Public Support for Regulations to Make All Workplaces Smoke-Free

Respondents were asked if they strongly supported, somewhat supported, somewhat opposed, or strongly opposed regulations to make all enclosed workplaces smoke-free. A strong majority (72%) of Hamilton-Wentworth respondents strongly or somewhat supported smoke-free workplaces (see Table 3). Dundas and Ancaster had the highest support for regulations, with all municipalities having 67% support or greater. Support from non-smokers ranged from 83% to 91% by municipality, while support from smokers ranged from 31% to 48% by municipality. As with enclosed public places, a strong majority of non-smokers (85%) would support regulations to make all enclosed workplaces smoke-free.

Public Support for Smoke-Free Public Places, By Type of Public Place

Respondents were provided with a select list of public places and asked if they strongly supported, somewhat supported, somewhat opposed, or strongly opposed these types of public places becoming smoke-free. The majority of Hamilton-Wentworth residents (between 51% and 91% by public place) strongly or somewhat supported each type of public place becoming smoke-free (see Table 4). The greatest amount of support tended to be for public places where all ages have access, including lobbies, mall food courts, places of religious assembly, and arenas and recreation centres. It should also be noted that smoke-free places for the aged were of special concern to the respondents.

Smoke-free regulations for Donut and Coffee shops, Bowling Alleys, Bingo Halls, and Bars, tended to have lower support among smokers (see Table 4). This is not surprising as these are establishments traditionally visited often by smokers. This lower support could be an indication of heavy smokers remaining resistant to smoke-free environments in places that have been strongly associated with smoking in the past. However, of these smokers, 36% indicated that they would find it easier to cut down or quit if all enclosed public places were smoke-free. Furthermore, a number of donut and coffee shops in Hamilton-Wentworth have taken this lead and established smoke-free franchises.

Estimated Effect of Smoke-Free Regulations on Frequency of Visiting Public Places

Respondents were provided with a select list of public places and asked if they would visit each type of public place if they became smoke-free more often, less often, or about the same. A strong majority of Hamilton-Wentworth residents (between 77% and 91% by public place) responded that they would visit each type of public place more often or about the same if they became smoke-free (see Table 5). Non-smokers were exceptionally supportive, with between 96% and 99% (depending upon the public place) indicating that they would frequent various types of public places more often or about the same (see Table 5).

A majority of smokers (between 53% and 89% by public place) indicated that they would frequent each type of public place more often or about the same if they were smoke-free, with the exception of Billiard Halls (43%) and Bars, Night Clubs, and Pubs (35%) (see Table 5). Although the percentage of smokers indicating support for becoming smoke-free was relatively low for some establishments (such as donut shops and bingo halls), the majority of smokers (between 53% and 89% by public place) reported that they would still use these public places more often or the same (see Table 5).

The findings from the restaurant portion of Table 5 indicate that 85% of Hamilton-Wentworth residents (and 97% of non-smokers) would go to restaurants more often or about the same. This is

consistent with results in jurisdictions elsewhere where smoke-free restaurant ordinances did not adversely affect restaurant

sales [1]. In addition, allowing smoking in restaurants may negatively affect business. In the 1995 Hamilton-Wentworth Health Survey, 33% of Hamilton-Wentworth adults reported that they have left a restaurant because they could not get a seat in the non-smoking section, 26% have left a restaurant because the smoke bothered them, and 43% have left a bar because the smoke bothered them. Thus, 100% smoke-free regulations can have a positive economic impact on restaurants and bars by attracting these customers.

Environmental Tobacco Smoke

In the 1995 Hamilton-Wentworth Survey, 91% of respondents believed that environmental tobacco smoke (ETS), otherwise known as second-hand smoke, causes health problems (see Figure 1). Of the smokers, 77% believed that exposure to ETS will cause health problems, whereas 94% of non-smokers believed this (see Figure 1). Of daily smokers, only 38% believed that their smoking would lead to health problems in others. Research has linked ETS exposure among non-smokers to health problems such as lung cancer, asthma, increased incidence of respiratory infections, decreased pulmonary function, and cardiovascular disease [2]. Thus, survey results clearly indicate that there is still a need for public education concerning the ill-health effects of ETS exposure, particularly among regular smokers.

In addition, residents are clearly concerned about their own exposure to ETS. For example:

82% of Hamilton-Wentworth adults were concerned about personal exposure to environmental tobacco smoke.

68% of Hamilton-Wentworth adults requested non-smoking sections in restaurants (87% of non-smokers).

69% of those that requested non-smoking seating felt that they were exposed to an unacceptable amount of smoke.

These survey findings indicate that current smoking regulations for public places such as restaurants are inadequate. In fact, research conducted on ETS exposure has shown that the only way to reduce the risks of ETS exposure is to eliminate the source. This same research has shown that separate ventilation in public places such as restaurants and workplaces is not a safe option [3].

Conclusions

The following main conclusions can be drawn from the tobacco results of the 1995 Hamilton-Wentworth Health Survey:

There is a high level of public support for all public places in Hamilton-Wentworth becoming smoke-free.

There is a high level of public support for all workplaces in Hamilton-Wentworth becoming smoke-

free.

Public support for smoke-free public places varies somewhat by location, with the highest support for locations used by broad sections of the population, including children, as well as homes for the aged.

A strong majority of respondents (77% to 96%) would visit specific public places more often or about the same if they became smoke-free. In some places, such as restaurants, becoming smoke-free may increase patronage by non-smokers, who make up 73% of the population of Hamilton-Wentworth, and would therefore have a positive economic impact on business.

Exposure to environmental tobacco smoke (ETS) is a major health concern for Hamilton-Wentworth adults.

Restaurants are a prime example of a public place where levels of ETS in non-smoking sections are perceived as unacceptable by the majority of customers (69%) who request non-smoking areas when dining out. Thus, current smoking regulations provide inadequate protection for the public.

References

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Table 1.Characteristics of Hamilton-Wentworth Adults in the 1995 Hamilton-Wentworth Health Survey

Characteristic	Non-Smokers[1] (%)	Smokers[2] (%)	Hamilton-Wentworth Survey (%)
Age:			
18 - 19	3	3	4
20 - 44	47	61	53
45 - 64	32	27	31
65+	18	9	12
	---	---	---
	100	100	100

Sex:			
Male	42	48	43
Female	58	52	57
	---	---	---
	100	100	100
Marital Status:			
Ever Married	75	60	71
Never Married	21	26	22
Living with a Partner	4	14	7
	---	---	---
	100	100	100
Highest Level of Education Completed:			
No formal schooling;	3		
Completed primary school	15	5	3
Some secondary or high school	29	19	16
Completed secondary or high school	6	35	31
Some community college, technical college, CEGEP, or nursing program		9	7
Completed community college,	19		
technical college, CEGEP, or	7	15	18
nursing program	21	11	8
Some university (not completed)	---	6	17
University degree (completed) Bachelor, Masters, PhD	100	---	---
		100	100

Born in Canada:			
Yes	79	86	80
No	21	14	20
	---	---	---
	100	100	100
Frequency vote in municipal elections:			
Always	70	57	66
Sometimes	19	28	21
Never	11	15	12
	---	---	---
	100	100	100
Household income:			
Less than $20,000	13	24	16
$20,000 to $29,999	12	20	14
$30,000 to $39,999	13	13	13
$40,000 to $49,999	15	10	14
Over $50,000	47	33	43
	---	---	---
	100	100	100

[1] 73% of Hamilton-Wentworth citizens reported being non-smokers in this survey. This is consistent with the 1990 Ontario Health Survey findings.

[2] 27% of Hamilton-Wentworth citizens reported being smokers in this survey. This is consistent with the 1990 Ontario Health Survey findings.

Table 2. Percent of adults[1] supporting regulations to make all enclosed public places smoke-free, by smoking status[2] and by municipality: 1995 Hamilton-Wentworth Health Survey.

Municipality	Smoking Status: Non-Smokers[3] (%)	Smokers[4] (%)	Both Non-Smokers and Smokers (%)
Ancaster	87	45	83
Dundas	86	46	76
Flamborough	82	48	75
Glanbrook	81	18	66
Hamilton	83	33	66
Stoney Creek	90	38	78
Hamilton-Wentworth	**84**	**35**	**71**

[1] Responses from randomly selected citizens 18 years of age and older.

[2] Smoking Status consists of smokers (daily and occasional combined) and non-smokers

[3] 73% of Hamilton-Wentworth citizens reported being non-smokers in this survey. This is consistent with the 1990 Ontario Health Survey findings.

[4] 27% of Hamilton-Wentworth citizens reported being smokers in this survey. This is consistent with the 1990 Ontario Health Survey findings.

Table 3. Percent of adults[1] supporting regulations to make all enclosed workplaces smoke-free, by smoking status[2] and by municipality: 1995 Hamilton-Wentworth Health Survey.

Municipality	Smoking Status: Non-Smokers[3] (%)	Smokers[4] (%)	Both Non-Smokers and Smokers (%)
Ancaster	86	41	80

Dundas	91	48	81
Flamborough	80	43	74
Glanbrook	90	31	76
Hamilton	83	35	67
Stoney Creek	86	31	74
Hamilton-Wentworth	**85**	**38**	**72**

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Table 4. Percent of adults[1] supporting smoke-free public places, by type of public place , municipality, and smoking status[2]: 1995 Hamilton-Wentworth Health Survey.

Public Place	Ancaster (%)	Dundas (%)	Flamborough (%)	Glanbrook (%)	Hamilton (%)	Stoney Creek (%)	**Non-Smokers[3] (%)**	**Smokers[4] (%)**
Places of Religious Assembly	94	91	94	94	88	94	**94**	**82**
Nursing Homes and Rest Homes	84	82	83	88	83	89	**89**	**70**
Business Reception Areas	86	86	84	86	80	91	**89**	**69**
Concert Halls and Live Theatres	92	85	78	86	78	86	**89**	**63**

Retirement Homes	82	81	82	85	79	86	**87**	**65**
Lobbies of Movie Theatres	84	80	79	82	76	85	**87**	**58**
Arenas and Recreation Centres	86	79	75	81	76	84	**86**	**57**
Lobbies & Common Areas of Apt. Bldgs.	84	81	76	81	73	83	**86**	**55**
Cafeterias	84	80	76	77	71	83	**87**	**47**
Fast Food Restaurants	85	84	77	74	69	80	**86**	**45**
Lobbies of Hotels and Motels	79	78	81	75	70	79	**84**	**48**
Food Courts in Malls	81	78	76	72	67	76	**84**	**41**
Donut and Coffee Shops	81	73	71	73	63	76	**84**	**31**
Full Service Restaurants	79	72	70	65	63	74	**82**	**30**
Bowling Alleys	77	71	73	67	58	73	**78**	**32**
Bingo Halls	79	71	68	67	59	72	**80**	**28**
Billiard Halls	68	65	64	66	54	64	**75**	**25**
Bars, Night Clubs and Pubs	67	60	54	54	43	50	**66**	**13**

[1]Responses from randomly selected citizens 18 years of age or older.

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[4] 27% of Hamilton-Wentworth citizens reported being smokers in this survey. This is consistent with the 1990 Ontario Health Survey findings.

Table 5. If public places became smoke-free, percent of adults[1] by municipality and smoking status[2] that would use or them about the same or more often: 1995 Hamilton-Wentworth Health Survey.

Public Place	Ancaster (%)	Dundas (%)	Flamborough (%)	Glanbrook (%)	Hamilton (%)	Stoney Creek (%)	**Non-Smokers[3] (%)**	**Smokers[4] (%)**
Places of Religious Assembly	99	96	99	99	94	94	**98**	**89**
Arenas and Recreation Centres	98	95	97	95	91	93	**99**	**79**
Cafeterias	99	94	96	94	88	92	**98**	**73**
Food Courts in Malls	96	92	95	94	85	92	**98**	**68**
Bowling Alleys	95	88	89	88	83	88	**98**	**59**
Restaurants and Cafes	93	89	88	90	82	85	**97**	**53**
Donut Shops	93	85	91	86	81	84	**97**	**52**
Bingo Halls	97	89	88	92	79	82	**98**	**53**
Billiard Halls	94	79	83	88	74	78	**96**	**43**
Bars, Night Clubs, Pubs	91	80	84	80	71	79	**97**	**35**

[1] Responses from randomly selected citizens 18 years of age or older.

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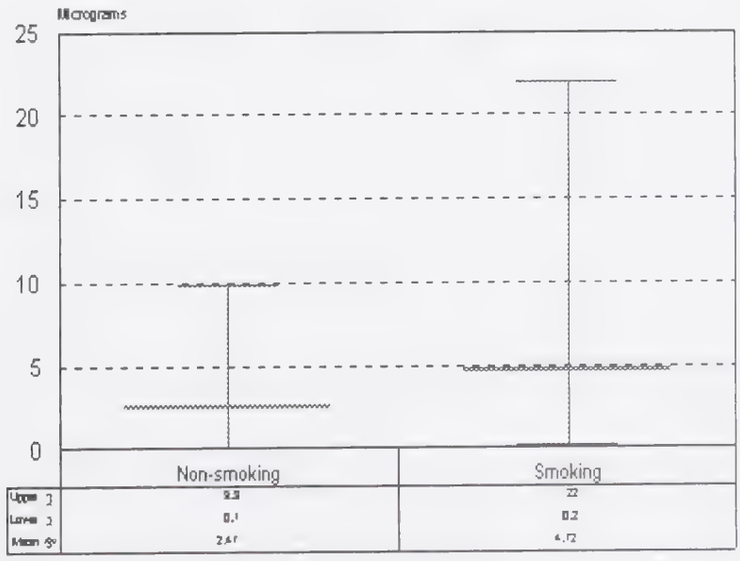
FIGURE 1



a4	**Vancouver[1]**
a5	**Vancouver**
a6a-a6x	**Scarborough[2]**
a7a-a7k	**Vancouver, Scarborough**
b8	**Hamilton-Wentworth[3]**
b9	**Hamilton-Wentworth**
b10	**Vancouver**
b11	**Hamilton-Wentworth**
b12	**Hamilton-Wentworth**
b13	**Hamilton-Wentworth**
b16	**Hamilton-Wentworth**
c17	**Vancouver**
c18	**Hamilton-Wentworth Workplace Survey[4]**
c19	**Hamilton-Wentworth Workplace Survey**

c21	**Scarborough**
s32	**National Population Health Survey** [5]
s32b	**National Population Health Survey**
s34	**Ontario Health Survey**[6]
s35	**Ontario Health Survey**
s36	**Ontario Health Survey**
s37	**Ontario Health Survey**
s38	**Ontario Health Survey**
s38b	**Ontario Health Survey**
s39	**Ontario Health Survey**
s40	**Hamilton-Wentworth**
s41	**National Population Health Survey**
s42	**Ontario Health Survey**
s43	**Ontario Health Survey**
s44	**Ontario Health Survey**
s45	**Ontario Health Survey**
g82	**Health Promotion Survey**[7]
g83	**Vancouver**
g84	**Hamilton-Wentworth**
g85	**Ontario Health Survey**
g74a	**York University** [8]
g74b	**National Population Health Survey**
g75	**Ontario Health Survey**
g76	**York University**
g77	**Ontario Health Survey**
g78	**Hamilton-Wentworth**
g79	**York University**

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